



## Grand Canyon Expeditions – Indian Garden Packing List

*Grand Canyon National Park provides tents, ground tarps, backpacks, sleeping bags, sleeping pads, cooking equipment, food, and snacks.*

Keep in mind that your clothes will get dirty, don't bring something you'll be sad to lose or have broken.

- ☐ **Water bottles**– 2 One Liter water bottles. Please bring hard plastic water bottles like a Nalgene. Camelbacks are not permitted. They frequently break in the canyon.
- ☐ **Small day pack** – For day hikes (school backpack works great)
- ☐ **Duffle bag**– To store items left behind while backpacking in the canyon
- ☐ **Hiking shoes** – Lightweight hiking boots or athletic shoes with good traction on dirt and rock. Make sure these are worn-in to prevent getting blisters!
- ☐ **Camp Shoes** – Comfortable shoes that let your feet breathe. Sandals or crocs work great.
- ☐ **Shirts** – 2 tee-shirts, 2 long sleeves or light button-up tops to protect your skin from the sun. Must be light in color. Dark colored clothing will not be permitted below the rim as it is too hot.
- ☐ **Hiking Pants** – 1 pair (NO JEANS. They are miserable to hike in).
- ☐ **Shorts** – 2 pairs
- ☐ **Socks**– 6 pairs
- ☐ **Underwear** – 6 pairs
- ☐ **Warm mid-layer** – 1 fleece jacket
- ☐ **Rain Gear**– Rain jacket
- ☐ **Hat** – Sunhat (wide brim) or ball cap
- ☐ **Winter Hat** – 1 beanie
- ☐ **Pajamas** – 1 set (warm fleece pants recommended)
- ☐ **Spare change of clothes** – 1 set for travel days
- ☐ **Bandana** – 1
- ☐ **Sunglasses** – 1 pair
- ☐ **Eyeglasses** (if you wear them)/contact lenses, bring an extra set
- ☐ **Toiletries**– *Travel size*: toothbrush, toothpaste, floss, lotion (optional), small containers of soap & shampoo, feminine products (girls: please bring regardless)
- ☐ **Medications** - Bring 2 weeks' worth. Make sure you filled out details on your medical form.
- ☐ **Sunscreen** – 1 Travel size bottle, at least 30 SPF and waterproof
- ☐ **Lip Balm** – 1
- ☐ **Flashlight or headlamp** – 1 Headlamps are preferable. We can provide headlamp.
- ☐ **Money** – \$2.00 for showers + any additional money for souvenirs
- ☐ **Towel** – 1

### **Optional Gear (this gear will be provided and does not need to be purchased)**

- ☐ **Backpacking backpack** – 40-60 Liter fitted pack. We will provide packs for every individual. If you already have a backpacking pack you've taken backpacking overnight before than you're welcome to bring it.
- ☐ **Water proof Disposable/ Digital Camera** – Group camera will be available for use.
- ☐ **Trekking Poles**

### **Please Leave These Items at Home:**

- *Candy and snacks. (Leaving candy or snacks in your packs invites ravens, mice and critters to chew through your pack!)*

- *Tablets, cellphones, gaming devices, mp3s. (These things are okay for traveling to/ from here but will not be permitted during the program. We will collect them for the duration of the program.)*